

Flight Jacket

Vol. 3, No. 29

Marine Corps Air Station Miramar

July 27, 2001

MWSS-373 blazes trails to help fight brush fires



Marines from MWSS-373 use their graders and other heavy equipment to repair and maintain firebreaks and fire access roads in East Miramar. The firebreaks help provide safe areas where firefighters can fight fires. Photo by Cpl. C.A. Eriksen

By Cpl. C.A. Eriksen

CPAO, MCAS Miramar

Marine Wing Support Squadron 373 Marines started work on improving fire access roads, firebreaks and fuelbreaks in East Miramar in June.

The support squadron uses its heavy equipment, such as bulldozers and graders, to remove vegetation to create firebreaks and fuelbreaks, areas where there is no plantlife to fuel a wild fire.

This is an annual project that the Marines participate in, according to Cpl. V.

Cambunga, MWSS-373 heavy equipment operator.

Firebreaks are where the vegetation is completely removed down to the bare topsoil. The firebreaks help to provide cleared areas for the fire department to fight fires.

Fuelbreaks are a change in the continuity of the type and age of vegetation. Firebreaks and fuelbreaks are placed on the ridgeline and fire roads are placed in the middle of the firebreaks as well as at the bottom of canyons for remote access, according to Paul J. Tompkins, engineer, Miramar Fire Department.

The project is supervised by the Station Environmental Office and coordinated with the Miramar Fire Department. The fire department helps plan where and what kinds of fuelbreaks are needed.

Station Environmental approves the plan based upon how and what kinds of plants and animals it will effect, according to Tompkins.

Maintaining fire access roads, firebreaks and fuelbreaks is necessary to help reduce the brush fires in East Miramar. This helps to reduce the environmental impact of a fire on both wildlife and plantlife as well as pre-

serve the air quality. However, there is no need to have one on every ridgeline, according to Tompkins.

The projects usually last about two to three weeks if no equipment breaks or they do not encounter any environmental problems, according to Cambunga. The Marines are careful to observe surroundings for signs of endangered animals' habitats or plants where they are working.

The Marines maintain roughly 43 miles of firebreaks, fuelbreaks and fire access roads in East Miramar. To do so they drag heavy chains behind bulldozers down one side of a firebreak and then double back on the other side. Then roads are graded in the middle of the breaks to help facilitate the movement of fire trucks and other equipment needed to fight fires, according to Cambunga.

Sometimes, as the chains drag across the soil and hit rocks, sparks are produced that can cause a wild fire. So far this year there have not been any sparks that have caused fires, but just in case, the fire department is on hand while the heavy equipment is being used, according to Cpl. C. Gutierrez, MWSS-373 heavy equipment operator.

"All it takes is just one quick spark and that's all she wrote," said Gutierrez.

According to Tompkins, spot fires are rare but they have occurred in the past and there is always the potential, that is why the fire department is on hand while the fuelbreaks and firebreaks are being worked on.

There are also weather conditions that determine whether or not the Marines can continue to work as well. Work is suspended when there is sustained humidity less than 35 percent and an ambient air temperature of more than 90 degrees Fahrenheit and the air quality, according to Tompkins.

The work is almost complete for this year.

This has been a good training opportunity for both the heavy equipment operators and maintenance crew Marines, according to Cambunga.

Servicemembers, families running out of time to sign government-housing leases

By Sgt. Carolyn S. Sittig

CPAO, MCAS Miramar

The Aug. 1 deadline for signing the Public Private Venture lease is rapidly approaching for San Diego servicemembers and their families.

The following government housing areas will be effected: Beech Street Knolls, Bonita Bluffs, Cabrillo Heights, Hilleary Park, Holly Square, Home Terrace, Howard Gilmore Terrace, La Mesa Park Townhouses, Lofgren Terrace, Paradise Gardens, Park Summit, Pomerado Terrace, Prospect View, Ramona Vista Apartments, Silver Strand I and II, Terrance View Villas, Woodlake, Vista Ridge, and the soon to be constructed Naval Training Center property.

Signing the PPV lease is one of the beginning steps of the PPV plan, a 50-year-venture that allows the Navy to build

new housing areas and improve on existing housing faster than by traditional means, according to Susan Reece, PPV project coordinator.

Reece said that many servicemembers have already signed their leases and only 30 percent remain who haven't.

To accommodate those servicemembers, who may be deployed, Reece said their spouses can mail the lease or come in to sign the lease. Also, spouses do not need a power of attorney that is typically required in signing any kind of lease.

Despite the accommodations, deployed servicemembers will be allowed to sign the lease upon their return.

Any adults living in a government housing unit also need to be on the lease.

According to Reece, the most important thing isn't how



A Marine beats the deadline by signing a Public/Private Venture lease early. The mandatory lease must be signed by Wednesday. Photo by Sgt. Carolyn S. Sittig

See **Lease**, page 10

Marine couple praised, awarded for lifesaving actions

By Cpl. C.A. Eriksen

CPAO, MCAS Miramar

The San Diego Police Department honored Sgt. Rachel R. Taitingfong, career planner, Marine Air Control Group 38, and her husband, Staff Sgt. Joseph C. Taitingfong, logistics chief, 2nd Battalion 4th Marine Regiment, Camp Pendleton, in a ceremony at the police headquarters, Wednesday. The couple was awarded Honor Certificates by David Bejarano, chief of police, San Diego Police Department, for their actions which saved the life of 5-year-old Samuel C. "Sammy" Holladay, of Nephi, Utah, June 11.

Being recognized as outstanding citizens in a community is a rare occurrence. But for these two military service-members, representatives of the San Diego Police Department felt it was warranted that they recognize the efforts of the couple, which saved Sammy from drowning in a local hotel swimming pool.

Bejarano presented the Marine couple with certificates, and offered a speech praising the Marines for their quick action.

"It's not every day that we get a chance to do this," said Bejarano. "Two of my favorite types of people were involved — Marines and police officers. I'm a former Marine and I'm glad to see a Marine go above and beyond the call of duty."

"This shows that Marines are the best at what they do," added Bejarano. "This is a truly special occasion. It's not every day that we have the opportunity to save a life."

Sammy's parents, Clark B. and Kristina V. Holladay, were



San Diego Chief of Police David Bejarano presents the Taitingfongs with Honor Certificates for their actions in saving a 5-year-old boy earlier this summer. Photo by Cpl. C.A. Eriksen

very grateful for the Marine couple being at the hotel that fateful June night.

According to reports, the couple was visiting relatives in the hotel when they heard a commotion over by the hotel's

swimming pool. When they reached the side of the pool they found a man holding the limp body of a young boy in his

See **Lifesavers**, page 10

3d MAW Marine receives NAACP Wilkins Award

Compiled by Public Affairs

CPAO, MCAS Miramar

The National Association for the Advancement of Colored People bestowed its top service awards during its annual Armed Services and Veterans Affairs Awards dinner in New Orleans. Eight servicemembers, including one Miramar Marine and two Defense Department civilian employees, received awards at the banquet.

Sergeant Major James P. Witherspoon Jr., of Marine Heavy Helicopter Squadron 462, was awarded the 2001 Roy Wilkins Renown Service Award for his work in developing educational and physical fitness programs for youngsters and his volunteer service to churches and other various community groups.

Seven other honorees received the NAACP's 2001 Roy Wilkins Renown Service Award. The award was named for Wilkins, who was a leader of the Civil Rights Movement during the 1950s and 1960s. He served as executive secretary and executive director of the NAACP for 22 years and established its Armed Services and Veterans Affairs Department in 1969.

The recipients were selected by their services, as the military and civilian personnel

who made the most distinguishing contributions to military equal opportunity policies and programs.

Other 2001 Wilkins awardees are: Army Command Sgt. Maj. Angela L. Brown, 3rd Infantry Division, Hunter Army Airfield, Ga.; Air Force Maj. L. Paulette Jordan of the 15th Air Base Wing's Inspector General Office at Hickam Air Force Base, Hawaii; Army National Guard Maj. Gen. John D. Havens, adjutant general of the Missouri National Guard; Connecticut Air National Guard Lt. Col. Charles E. McKellar, public affairs officer; Coast Guard Capt. Robert W. Thorne, director of admissions at the Coast Guard Academy in New London, Conn.; Sharon L. Jones, manager of the Defense Information Systems Agency's mentor protégé program in Arlington, Va.; and Navy Lt. Cmdr. Roger G. Isom, U.S. Naval Academy, Annapolis, Md.

Also at the awards ceremony, the NAACP presented the Meritorious Service Award to Navy Vice Adm. Thomas R. Wilson, director of the Defense Intelligence Agency, and the Benjamin L. Hooks Distinguished Service Award to M. Renee Coates, assistant director of equal employment programs, Washington Headquarters Service, Office of the Secretary of Defense.

Program for San Diego military families wins grant

Compiled by Public Affairs

CPAO, MCAS Miramar

The Healthy Start Military Family Cluster, sponsored by Social Advocates for Youth of San Diego was awarded a \$5,000 grant in the 2nd Annual Newman's Own contest recently.

The winning program initiative focuses on community and volunteer development activities for Navy and Marine families living in the Murphy Canyon and Cabrillo housing areas.

Grants totaling \$45,000 went to 12 organizations during the Pentagon awards ceremony July 10. Presenters were Charles S. Abell, assistant secretary of defense for force management policy, and representatives of contest co-sponsors, Ken and Tammy Fisher of Fisher House Foundation; Tom Indoe, chief operating officer of Newman's Own; and David Smith, vice president, marketing and business development, Military Times Media Group.

The Newman's Own contest is open to private and nonprofit organizations that operate with authority of a military installation commander, who certifies their eligibility. The program this year attracted 69 entries.

Judging criteria include the creativity and

innovativeness of entrants' programs and their impact on the quality of life of their military communities.

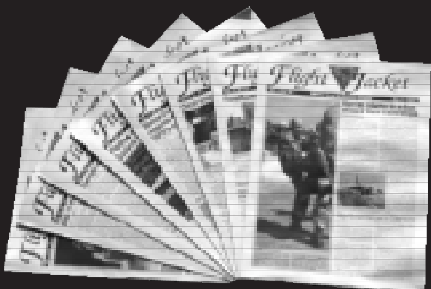
First place, Family Literacy Foundation's "United Through Reading" program, was awarded a \$10,000 grant.

The literacy foundation is based in Solana Beach. In its program, deployed military parents maintain contact with their children by reading to them on videotape. More than 16,000 parents on 90 different Navy ships have used the program to date. The Navy provides matching funds and cites improved morale and reduced family anxiety.

Camp SPARK (Strengthening Parents and Renewing Kids) is a one-week day camp sponsored by the Armed Services YMCA and Military Committee for Persons with Disabilities at Marine Corps Base Camp Pendleton. The camp, which is for family members classified as having special needs, was awarded a \$3,000 grant.

"Back Door Boutique," staffed by volunteers and sponsored by the Armed Services YMCA at Marine Corps Air-Ground Combat Center Twentynine Palms was awarded a \$2,000 grant. The program enables junior-enlisted Marine families to obtain clothing for growing children that they might otherwise not be able to afford.

Miss an issue?



Check the
Flight Jacket
archives
online

www.miramar.usmc.mil/flight.htm

For more information...

- ◆ about the Healthy Start Military Family Cluster program contact Rachel Burnage via e-mail at healthymfc@aol.com.
- ◆ about the United Through Reading program contact Peggy Kidd at peggy@read2kids.org.
- ◆ about Camp SPARK contact Brenda Spratt via e-mail at brendasp@sd.quik.com.
- ◆ about the Back Door Boutique contact Frank Gallo via e-mail at fgallo@asymca.org.

5 quick tips to keep your teeth healthy

By Dr. D. Douglas Cassat

Cassat Dental

You are what you eat and healthy teeth and gums are part of a healthy body. Sensible nutrition is a key factor in building a healthy body. It’s an old story, yet still true – to have a healthy body with a healthy smile, eat right.

If you nurse sugary soft drinks throughout the day, frequently nibble on chips and munchies, pop hard candies whenever you get the chance and rely on “energy” snacking to keep you going at high speed, then you should be aware of how such habits can wreak havoc on your health. The simple truth is that the food you eat, or don’t eat, can affect the health of your body and particularly your mouth, teeth and gums.

People tend to take the health of their teeth and gums for granted. Yet normal, healthy teeth and gums undergo great stress and strains during normal daily usage. Indeed, the teeth, gums and surrounding oral tissue are a complex, dynamic, delicately balanced oral ecosystem where both physical and psychological forces are constantly working against the health and longevity of teeth and gums.

Even under normal conditions of chewing, teeth and gums are subjected to surprising physical pressures, which may be 100 times greater than the normal operating pressure of an automobile tire.

In addition, the oral cavity is sensitive to chemical imbalances in the body, to medications, and to numerous diseases. What’s more, the oral cavity is vulnerable to continuous attack by more than 200 everyday bacteria and viruses.

While it is true that a healthy diet alone won’t cure diseases, good nutrition will give you and your loved ones the best chance to enjoy robust health of body and mouth.

Protect your health and your smile. Below is a checklist of five important health habits.

1) Eat nutritious, well-balanced meals of foods from the four major groups – breads and cereals; fruits and vegetables; dairy products; and fresh meat, fish and poultry.

2) Eat sugary foods with meals, not between meals. Saliva production increases during meals and thereby helps to neutralize the acid which increases from sugary foods and which can break down the tooth enamel leading to tooth decay.

3) Limit between-meal snacks of junk foods. Snack on nutritious foods if you get hungry. Chew sugarless gum afterward because it increases the saliva production, which neutralizes the acids.

4) Brush and floss. Use fluoride toothpaste. Tooth and gum diseases result from the buildup of plaque – residue that can be removed by frequent brushing and flossing between the teeth and in areas where the toothbrush can’t reach. Fluoride toothpaste puts back the important minerals that build strong teeth and resist acids caused by bacteria action.

5) Visit dentists regularly. Oral exams and professional teeth cleaning will protect your oral health and give you the best chance of keeping your teeth as long as you need them.

October sees TRICARE for Life go into effect

By Jeanne Hannon

Health Net Federal Services

The long-anticipated TRICARE for Life program becomes reality Oct. 1. On that date, age 65 and older uniformed services beneficiaries who are Medicare-eligible and who have purchased Medicare Part B will gain access to the expanded medical coverage of TFL as a second payer to Medicare.

Adding to the TRICARE Senior Pharmacy Program that began April 1, the TFL entitlement provides comprehensive healthcare coverage benefits for eligible members.

For a service that is a Medicare and TRICARE covered benefit, Medicare will pay first and the remaining out-of-pocket expenses will be paid by TRICARE. After Medicare pays its allowance for care, Medicare will forward the claim to TRICARE. TRICARE will then determine the amount it will pay and send the payment to the doc-

tor or hospital.

For a service that is a TRICARE covered benefit, but not covered by Medicare — such as overseas care — TRICARE will pay the same amounts it pays for retirees under age 65 who use TRICARE Standard and TRICARE Extra, and the beneficiary will be responsible for an annual deductible and cost share.

For a service that is a Medicare covered benefit, but not covered by TRICARE — such as chiropractic services — Medicare pays what is covered by Medicare, and TRICARE pays nothing. The beneficiary must pay the Medicare copays.

For a service that is not a Medicare or TRICARE covered benefit, such as cosmetic surgery, you are responsible for the cost of that care.

Eligible individuals include Medicare-eligible military retirees, including retired guard members and reservists, Medicare-eligible family members, widows and widow-

ers and certain former spouses if they were eligible for TRICARE benefits before age 65.

To qualify for TFL, individuals must be correctly listed in the Defense Enrollment Eligibility Reporting System. If not enrolled in Medicare Part B, visit the Social Security Administration online at www.ssa.gov or call (800) 772-1213. To be sure information is correct in DEERS call (800) 538-9552.

In addition, some military hospitals and clinics will offer limited enrollment in a new program, TRICARE Plus. Offering primary care enrollment at a military hospital or clinic, TRICARE Plus is open to all beneficiaries eligible for care at that facility, with priority enrollment being offered to those currently participating in the TRICARE Senior Prime demonstration, and those already empanelled at a military treatment facility. Participation in the TRICARE Plus program

See **TRICARE**, page 11

Ad Space

Mir
Remarks

Should San Diego servicemembers receive Cost of Living Allowance?



"Yes. [Basic Allowance for Housing] helps get you by, but it doesn't cover all the expenses, especially electricity."

Cpl. Vince S. Newbill
VMFA-225
logistics clerk



"Yes. Living out in town on the BAH alone in Iwakuni, Japan, was cheaper than it is living in San Diego."

Staff Sgt. Mark W. Thornton
MALS-11
paraflight noncommissioned officer-in-charge



"Yes. It is expensive here. Rent keeps going up every year and electricity has gone up twice this year."

Staff Sgt. Dana M. Beal
MWCS-38
logistics chief

Is training more important than planning and communication?

By Staff Sgt. John C. DiDomenico

Commentary

When I first joined the Marine Corps, I quickly learned about "hurry up and wait." Then, as now, Marines complained. A wise gunny took me aside to explain the importance and reason behind the 'attitude.' He stated simply, "Remember the six Ps. It's better to be early than late. We can be ready quicker and better prepared to handle unforeseen or unplanned situations and execute the mission."

The six Ps are Proper Prior Planning Prevents Poor Performance. I was instilled with the knowledge of planning and attention to detail. Since then, I haven't forgotten that lesson and it has become the basis of everything I do.

Recently I learned during the rifle range snap-in week some Marines here would be required to knock out the annual requirements of the physical fitness test, battle skills training and nuclear biological chemical training. This is all well and good. However, as Marines were waiting for one type of training, word came down that, due to a scheduling conflict, they would be taking their PFT in an hour.

Then as half the Marines were waiting for the PFT, word came down to go take the

BST instead.

We as officers, staff noncommissioned officers and NCOs are teachers. Our efforts should guide our young Marines in developing their skills as future leaders. Focus should be placed on planning, time management and communication. This will not only help them as Marines, but in their future after the Corps as well.

I realize things come up at the last minute and everything (legitimate emergencies) can't be planned. However, using the six Ps, most things run smoothly. Through proper planning, the aforementioned faux pas wouldn't have occurred.

Another lesson to learn is the importance of communication with all concerned parties. Everyone will know the situation, the plan, how to execute and the finer details. This also helps stop the rumor mill among the uninformed. Nobody can come back and say, "I didn't know."

As I write this, my office is caught severely undermanned. We have personnel out for various reasons — leave, emergencies, training, etc. Although I manage a different section and have my own work to plan and coordinate, I am assisting my co-workers for this week's commitments since we are a tight team. We communicate with each other and everyone is on the same sheet of music.

Our Marines' time is valuable — therefore, planning and communication are important. Through proper planning, we learn time management and organization. I am considered a "neat freak." I have a two-month planning calendar next to my desk, a yearly calendar on my desk, my Outlook calendar, a palm pilot and two date book organizers (one at home, the other in my vehicle) that I use to keep track of both military and personal events. These are used so whatever the event, I have no schedule conflicts. If there should be a conflict, I have a backup plan. In cases of extreme emergencies, the "improvise, adapt and overcome" rule applies.

During my day-to-day job, whatever projects I work on, I consistently keep all concerned parties informed of situations or the status of the project. Some consider it a pain receiving trivial e-mails or updates, however, they are kept informed.

In short, the moral of this article is:

Proper Prior Planning Prevents Poor Performance — detailed planning of events will ensure smooth operation and execution.

- Begin planning
- Arrange reconnaissance
- Make reconnaissance
- Complete planning
- Issue the order
- Supervise

Light-duty stigma may lacerate real medical problems

By Sgt. Tisha L. Carter

Commentary

Timely medical care is important in getting our Marines to full-duty status and away from that sometimes quite troubling light duty stigma. However, due to the huge volume of medical needs, timely medical care is not always available. I have been dealing with this myself for nearly three months.

After a week of rigorous physical fitness test training, I nominated our shop play basketball for physical training to wind down before the weekend. I love basketball, but am a little leery of being too competitive due to a prior reconstructive knee surgery on my right knee from playing high school basketball. Nonetheless, during our tie breaking game with the score 11-11, winner being the first to 12, I decided to go ahead and give it all I had.

As I desperately tried to keep a fellow sergeant and my captain out of the race for a runaway ball, my body suddenly turned, however, my foot decided not to follow. As I heard a loud "pop," I fell to the ground and my left knee immediately began to swell to about the size of a honeydew melon. The pain was excruciating. My comrades immediately took me to the acute care center, where I was evaluated and released with a 10-day, light-duty chit, crutches and Tylenol #3.

Following a weekend of intense pain and not feeling any better, I decided to make another appointment and see another physician. As I hobbled back to the branch medical clinic the following week, I was once again evaluated and released with yet another 10-day, light-duty chit.

When I continued to have swelling after two weeks, I tottered back to the BMC and saw yet a third physician. Finally, someone agreed that my injury may be serious and that magnetic resonance imaging needed to be scheduled right away. Relieved that someone was listening to me and thought my injury definitely warranted more

investigation, I proceeded to get scheduled for my MRI.

Five weeks later and nearly two months to the day of my initial injury, I was finally able to get an MRI done. Much to my relief, I didn't tear a ligament. However, even though this was good news, I realized when the radiologist called me at home over a holiday that there must be some seriousness to the injury as well. And, in fact, there was. I had fractured a bone in my knee. The "pop" I heard in my knee was my bone breaking.

Now, I have lived with the haunting light-duty stigma in my mind nearly three months and have a long recuperation and training road ahead of me. It is unfortunate that the timing of our medical care is so prolonged. None the less, had I have been pushed back into running too soon, or even so much as dropping from a pull-up bar, I could have worsened the severity of my injury.

Marines and their leadership should not overlook what possibly might be very serious injuries. An initial injury may turn out to be more serious than originally thought. If it doesn't feel right, get to the bottom of it.

Marines—don't cripple yourself for life because you are worried you may get yelled at for missing PT. Leaders—don't ruin your Marines' self-esteem and damage morale by automatically typecasting them as the "light-duty commando." The pain may very well need more attention.

At the same time, however, Marines should never take advantage of their medical care. Don't waste medical's time with every little minor ache and pain just to get out of a PT session. It slows up the medical system for servicemembers with real problems. If you are exercising regularly, you will be less prone to many injuries.

Thank goodness the leadership in my shop is supportive in maintaining our readiness as well as the individual needs of their Marines. They continued to voice their concern of my injury and the need to return to BMC. Injuries like mine, without proper attention and treatment, could have lifelong crippling effects.

NOW TELL US WHAT YOU THINK

Do you have something to say? Do you have a strong opinion? Do you have news? Did you take a newsworthy photo? Would you like to see your byline in the Flight Jacket? The newspaper staff encourages Marines to submit commentaries, letters to the editor or other articles or photographs. Story submissions can be sent by mail to: FJ Editor, H&HS PAO PO Box 452013, San Diego, CA 92145; by fax to 577-6001 ATTN: FJ Editor; or by e-mail ombpaoflight@miramar.usmc.mil.

Property chief leads recycling, cleanup efforts

By Cpl. C.A. Eriksen

CPAO, MCAS Miramar

It may seem like one person’s recycling efforts could not make a difference to the environment, but here one Marine can make a difference. One Marine is leading a personal battle to leave less behind for the future, get a second use out of discarded waste, and help protect and preserve the environment.

Master Gunnery Sgt. Clifford M. Martinez, Station property chief and a West Bend, Wis., native, is that Marine. Martinez has taken it upon himself to identify recycling sites of opportunity in conjunction with the restoration of the roads in East Miramar, according to Gunnery Sgt. Donald L. Phillips, supply analyst, 3d Marine Aircraft Wing.

“He is taking discarded gear and finding a valuable use for it and cleaning up the environment,” said Phillips.

Several sites in East Miramar, full of old tires, engine blocks and various types of scrap metals, have been identified for cleanup, according to Martinez.

After a site is identified, a contact team from the recycling center is sent to the site. The recyclable material at each of these sites is removed and sent to the recycling center. All of the non-recyclable material is disposed of in accordance with base and environmental regulations, said Martinez.

The efforts have paid off for the recycling center. It generates enough money to support itself, according to Martinez. Per ton, the amount of metal that is recovered from the sites in East Miramar adds up quickly.

“Money is not the issue though,” said Martinez. “It’s all about recovery of environmental nonactual resources, and cleaning up and protecting the environment.”

Some of the discarded equipment found in East Miramar has been there for a long time. The equipment ranges from things as small as a pair of old combat boots to as large as a semi-trailer. Some of the equipment has just been abandoned in old buildings and some has been found on the side of the road in ditches, according to Martinez.

“Most of the equipment has been there because it’s not very visible in the brush,” said Martinez.

“It’s an eyesore and it gives the impression that it’s OK to dump unwanted equipment and trash in East Miramar.

“The goal is to reduce the amount of discarded equipment, trash and recyclable materials from being dumped in East Miramar,” said Martinez.

If Martinez can keep one piece of unwanted equipment or recyclable material from being discarded anywhere on station, he will do whatever it takes to make that happen. Cleaning up these sites in East Miramar, as well as finding and taking care of other recycling opportunities on Station, gives Martinez personal satisfaction, according to Phillips.

The community benefits from the recycling efforts because we are helping to preserve an environmentally-sensitive area for future generations. “We have the ability and the resources to recycle and it’s the law, but most importantly, it’s the right thing to do,” said Martinez.



Master Gunnery Sgt. Clifford M. Martinez, Station property chief, checks for snakes and other animals before removing old, abandoned tires to be recycled from a field in East Miramar. Photo by Cpl. C.A. Eriksen



Gunnery Sgt. Donald L. Phillips, supply analyst, 3d MAW, inspects a pile of engine parts and other scrap metal to be removed and recycled. Photo by Cpl. C.A. Eriksen

Ad Space

Reservists secure LZ during Amphibious Orientation Training

By Sgt. Sam Kille

CPAO, MARFORRES

CAMP PENDLETON – A crucial factor in combat is the ability to quickly deploy troops to the battlefield. One of the quickest means to accomplish this is the use of helicopters, which can bring combat troops to literally anywhere they need to be.

Because of this, helicopters are an integral part of the Marine Air-Ground Task Force as the Marine Reservists of Company B, 1st Battalion, 23d Marines, recently discovered during Amphibious Orientation Training. As part of their annual two-week training, the unit, based out of Bossier, La., climbed aboard CH-46s and practiced securing a landing zone here July 18.

“Helicopters are great because they can get Marines where they need to be a lot quicker than anything else,” said Cpl. Ondrey L. Miles, squad leader, Co. B, and resident of Hellin, La. “In combat, speed is everything.”

According to Maj. Stace A. Hayward, commanding officer, Co. B, and resident of Dallas, the Marines were lifted to the landing zone in five waves. Once each “stick” of Marines landed, they fanned out to secure the perimeter of the LZ until a complete 360-degree perimeter had been established. Hayward was pleased with the job performed by his Marines – many of whom had never flown in a helicopter.

“Before we launched in the helos, I was wary of how well the scenario would go,” said Hayward, “yet it turned out very well. Once the Marines landed, they did exactly what they were supposed to do – they plugged into the spots they were assigned and set up a perfect 360-degree perimeter.”

For many of the Marines it was an experience they will never forget.

“The turns made me feel a little sick,” Miles said jokingly, “but it was one of the best experiences of my life; I learned a lot today.”

It was equally exciting for Lance Cpl. Robert M. Heflin from West Monroe, La. Because he is an administration clerk, Heflin normally sits behind a desk during his monthly drills.

“It is the best thing I’ve done since I joined and it was a valuable learning experience,” said Heflin. “Even though I work in admin, if we ever go into combat I may be called on as a rifleman, and who knows, maybe I’ll have to secure an LZ.”

Doing just that is something the Marines of Company B definitely will be prepared for.



A Marine from Co. B, 1st Bn., 23rd Marines, storms out of a CH-46E helicopter from HMM-774. Photo by Sgt. Sam Kille



Marines from Weapons Platoon, Co. B, 1st Bn., 23rd Marines, secure an LZ during AOT at Camp Pendleton. The Marines were transported by CH-46E helicopters from HMM-774, a reserve squadron based at NAS Norfolk, Va. Photo by Sgt. Sam Kille

Ad Space

East Coast reservists provide wings for AOT '01

4th MAW Marines log valuable flight hours

By Sgt. Sam Kille

CPAO, MARFORRES

ABOARD USS TARAWA — A crucial element of the Marine Air-Ground Task Force is the support provided to the infantry by Marine helicopters. Because of their ability to lift off from virtually any environment — including the flight decks of U.S. Navy amphibious ships — the infantry can easily, and expeditiously, be inserted into combat if the need arises.

Helping put the “A” in MAGTF for Amphibious Orientation Training '01 — the largest amphibious exercise Marine Reservists take part in each summer — are the reserve and active-duty Marines from Marine Medium Helicopter Squadron 774. With its CH-46E Sea Knights, the “Wild Goose” squadron from Naval Air Station Norfolk, Va., is an essential asset to the ground combat element of the 23d Marines’ MAGTF.

“We are here to help the infantry accomplish their mission,” said Lt. Col. Monte E. Dunard, commanding officer, HMM-774, and resident of Rancho Santa Margarita. “Everything we do is for them.”

Supporting the infantry involves more than just flying the ground pounders from point A to point B — it requires a lot of support from the squadron’s flight and maintenance crews, especially while aboard ship.

“Getting them up — and keeping them up — can be a challenge,” said Chief Warrant Officer 2 Michael A. Griffin, resident of Norfolk, Va., and the squadron’s maintenance and material control officer. “Because it is a different process [operating on ship vice land], it takes a lot of coordination with the Navy, and the Marines have to become familiar with their surroundings.”

To keep their helicopters operational, the squadron brought the bulk of its supply assets aboard ship, leaving only non-essential gear back at Marine Corps Air Station Camp Pendleton — a short flight away. According to Griffin, on a lengthy deployment the squadron would

bring all of its equipment onboard; however, because of the brevity of AOT, not all of the gear was necessary.

A large obstacle for the Marines to overcome is the fact that many of them have never operated on ship before.

“More often than not, our Marines take part in (a combined arms exercise in Marine Corps Air-Ground Combat Center Twentynine Palms) each summer for annual training,” said Griffin. “So, being at sea has been a rare training opportunity for us. Out here, we are learning that the little things really do make a difference.”

Dunard echoed many of Griffin’s thoughts.

“This is high-intensity training with a lot of new and different things to learn,”

Dunard said. “It is a chance for the Marines to learn to coordinate with different units; see how they do business and exchange ideas. Taking part in shipboard landings, and performing maintenance at remote spots, is great hands-on training for our younger Marines.”

One such Marine is Lance Cpl. David R. Simon, a mechanic with HMM-774, and resident of Blacksburg, Va., who is aboard ship for the first time.

“It has been a pretty good experience,” said Simon. “I’ve been afforded the chance to fly a lot more here than before. The biggest adjustment I’ve had to make is trying to keep my balance when working on top of the helo; the ship tends to sway a lot!”

According to Cpl. Joe Lamphere, an aerial observer, and member of the squadron’s inspector-instructor staff, the biggest difference between land and sea operations is the danger involved. When taking off and landing aboard ship, it’s his duty to ensure the aircraft faces no danger on its left side.

“There’s a lot less room for flight operations,” said Lamphere, native of Ionia, Mich. “The aircraft lands pretty close to the side of the deck, so there is little room for error.”

Lamphere, who has participated in carrier operations, sees AOT as an important training exercise for the reservists of the squadron.

“Reservists only get together once a month,” Lamphere said. “The more training they can get — the better off we will be as a squadron.”

Cpl. Mark M. Pratt, a crew chief, and also a member of the I-I staff, agrees. As a crew chief, Pratt is responsible for conducting a pre-flight

inspection, is in charge of the enlisted crew, and acts as a “flying mechanic” — performing troubleshooting while in the air.

“There is a lot faster pace on ship than on land,” the resident of Woodbridge, Va., said. “It is important for everyone to know how the Navy operates; the

Marines need to know the proper hand signals and must do everything quickly. Even maintenance must be done in a minimal time frame. There is no room for mistakes out here.”

Overall, the Wild Goose squadron is thrilled to be taking part in AOT '01, and is grateful for the opportunity to spend time aboard USS Tarawa — especially when it comes to performing its mission.

As Dunard said to his pilots, “We came here to fly, not eat Navy chow!”

And flying is what the Marines of HMM-774 do best — making sure the ground combat element at Amphibious Orientation Training '01 gets where it needs to be, safely and expeditiously.



A CH-53 helicopter from HMM-772, another reserve squadron participating in Amphibious Orientation Training '01, conducts flight operations over Camp Pendleton. Photo by Sgt. Sam Kille

Ad Space

Protect yourself while hiking in Southern California

By Cpl. Rob Henderson

CPAO, MCAS Miramar

July 11, a severely injured man limped out of Stanislaus National Forest in Sonora, after being reported missing for seven days. Thanks to foresight while packing for his hiking trip, the man was able to survive while lost.

Now that we have entered the summer months, Marines, Sailors and family members are turning their attention toward outdoor activities. Hiking can be a fun outlet for the outdoor-recreational types who want to see the beauty of Southern California.

Safety in hiking, as with all other outdoor activities, should be the paramount concern. The lost man packed plenty of extra food and a water purifier when he set off for his hike on June 27, and he attributed his survival to his ability to plan for the worst.

“Before you leave for a trip, you should know the proper use of all your equipment. You should be familiar with how to take care of equipment when you are out there, and you should always take the basic safety precautions to ensure your success,” said Nancy J. Dussault, the Marine Corps Community Services Outdoor Adventure Center manager here.

For survival purposes, hikers should pack the minimum of a map, water purification tablets, a good knife, a compass, waterproof matches and a personal first-aid kit. Even if the plan is just for a day trip you should prepare for the worst case, according to Dussault.

For personal protection, a hiker should add a flashlight, sunglasses, extra food, warm clothing, sunscreen and toilet paper to the list. At any point during the hiking trip, something could go wrong requiring you to spend extra time outdoors. Be prepared.

The summer months in California can be extremely hot. Dehydration and heat-related injuries can bring a hiking trip to a quick end. Before hiking, an individual should be familiar with the symptoms and

treatments of all heat-related injuries.

“Whenever we go camping or hiking, we try and prepare for the unforeseen and unknown events that might happen. We always bring extra water, a first-aid kit, sunscreen and a map just in case my husband gets us lost, again,” said Hiroe K. Ruby, an avid camper and hiker.

Besides personal protection, hikers need to be concerned with ecological safety issues. The old Boy Scout rule applies here – Leave your surroundings in

better condition than you found them. The easiest way to accomplish this is to pack out any litter you make or encounter along the way.

A plastic food wrapper can take up to seven years to decompose and can create hazards to the local wildlife. Aluminum cans are virtually indestructible, and even a paper plate can take months to decompose. The result is unsightly trails for future hikers and endangering wildlife species that depend on us for protection.



Mission Trails in nearby Santee offers the largest area for hiking in Southern California. Hikers should always prepare properly before setting out for any trips. Photo by Cpl. Rob Henderson

Of course, some wildlife species are less harmful than others, but hikers should be prepared to encounter poisonous snakes, insects and plants. More often than not wild animals are more scared of you than you are of them. If you encounter a potentially harmful animal while hiking, don’t panic – get away from the animal.

According to the “Hiking the American Southwest” Web site at www.hikesouthwest.com, the best precaution is to dress appropriately in jeans or long pants and if you plan to go hiking, invest in a pair of good boots. Boots not only protect your ankles and lower calves from snake and insect bites. They also provide ankle support and protection. It is imperative that a potential hiker researches hiking boots and finds the best pair for his or her personal needs.

The Outdoor Adventure Center here can help with preparations for any hiking excursion. They offer discounted rates on rental gear that hikers need, and they also offer classes on how to properly prepare for and participate in a hiking trip.

“There’s always a need for education. There’s always something we can teach you and it gives us a chance to pass on our experience,” said Dussault.

The mountains surrounding the San Diego area offer many opportunities for Marines and Sailors to get outside and enjoy the beauty of nature through hiking. Knowing the safety concerns associated with hiking and being prepared can help individuals have a good time while reaping physical fitness benefits.

For more information contact the Outdoor Adventure Center at 577-4150.

Hiking must-haves

- ◆ map of the area
- ◆ knife
- ◆ compass
- ◆ waterproof matches
- ◆ personal first-aid kit
- ◆ flashlight
- ◆ sunglasses
- ◆ extra food
- ◆ extra water or purification tablets
- ◆ warm clothing
- ◆ sunscreen
- ◆ toilet paper

Ad Space

San Diego Hiking Trails

Trail	Location	Trail	Location
Bankers Hill	Near Balboa Park	Pine Valley Bridge	Pine Valley
Coast Walk	La Jolla	Pt. Loma Tidepools	Point Loma
Cowles Mountain	San Carlos	San Diegoito River Park	Lake Hodges
Crest Canyon	Del Mar	San Elijo Lagoon	Del Mar
Daley Ranch	Escondido	San Pasqual Valley	Escondido
Del Mar Beach	Del Mar	Silverwood Sactuary	Lakeside
Elfin Forest	Harmony Grove-Escondido	Stonewall Peak	Cuyamaca Rancho Park
Father Serra Trail	Mission Gorge-Santee	Sweetwater Reservoir	Near Chula Vista
Ghost Mountain	Anza-Borrego Desert	Torrey Pines Beach	Del Mar-La Jolla
Goodan Ranch	Poway-Santee	Torrey Pines Reserve	Del Mar-La Jolla
Iron Mountain	Poway	TP Reserve Extension	Del Mar
La Jolla Caves	La Jolla	Volcan Mountain	Julian
Los Peñasquitos	Sorrento Valley		
Middle Peak	Cuyamaca Rancho Park		
Mt. Woodson	Poway-Ramona		
Oak Canyon	Mission Gorge-Santee		
Rockhouse Canyon	Anza-Borrego Desert		

The Outdoor Adventure Center here can help with preparations for any hiking excursion. They offer discounted rates on rental gear that hikers need, and they also offer classes on how to properly prepare for and participate in a hiking trip. For more information contact the Outdoor Adventure Center at 577-4150.

Pendleton turns tables against Miramar, wins West Coast Regional Championships

By John Raifsnider

Scout, MCB Camp Pendleton

Marine Corps Base Camp Pendleton came into the finals of the West Coast Regional Softball Championships Friday at Fenton Field the way winners-bracket champions often seem too – suddenly lacking the potency that put them atop the heap in the first place.

The same Base team that had walloped defending-champion 1st Marine Division, 14-2, and had won by no fewer than seven runs (17-10 over 1st Force Service Support Group in the winners-bracket finals) in sweeping through the tournament, found itself staring down the barrel of an “if” game after Marine Corps Air Station Miramar jumped out to a 17-2 lead after 2-1/2 innings Friday.

The strengths that had carried Base to the finals – hitting, pitching and great defense – were failing them. The team needed a spark.

Enter Jeremy Geil, a platoon player who hadn’t batted since the round-robin seeding tourney on July 16.

Geil responded to an opportunity to atone for his own hitting woes by smacking two home runs in his first two at-bats.

Geil’s homers lit a fire under his Base teammates that raged until Base had scored 20 unanswered runs in a 22-17 win.

While exploding with the bats, Base benefited from an unexpected pitching change that snuffed out Miramar’s own inferno, holding the losers-bracket champs scoreless over the final four innings.

The first dinger by Geil, a monster shot over the left-center field fence, was part of a six-run third inning for Base.

His second home run, a one-out inside-the-park job, came in an 11-run fourth inning that pulled Base ahead of Miramar, 19-17.

Geil was intentionally walked in the fifth inning, but still scored one of two runs for Base in the frame. Kevin Treadwell capped the scoring with a solo blast in the sixth for Base, which clinched its second regional title in the last three years.

Afterward, Geil said he was ready for a chance for redemption and that he was just trying to make contact with the ball.

“I was due. I’d struggled in the round-robin, and they gave me a second chance, and I was able to come through for them,” said Geil.

“I was just trying to get a base hit. The one that went out was really just a line drive. I didn’t think it was going to go out.”

Ron Linke’s choices to send in Geil and to pull starting pitcher Jim Shepard in the third inning made the difference.

“When Jeremy came in, that was a big boost for us. We knew he had power, but when he mashed that home run, that fired everybody up,” Linke said.

Shepard had pitched Base to an undefeated tourney run, but by the third inning was getting banged around by Miramar.

“When we changed pitchers, I was worried a little bit. They were fired up in the first three innings and they were hitting the

See **Softball**, page 11



Brent Fisher of 1st FSSG slides into a tag by Miramar’s Jimmy Sanchez. Miramar defeated FSSG to advance to the finals where they were stopped by Base. Photo by Daniel Raifsnider

Ad Space

Station Library holds children's story hour

Marine Corps Community Services offers a free story hour for children 5 years old and up each Thursday at 2 p.m. Toddlers and preschoolers up to 4 years old can enjoy a story hour at 10 a.m every Friday. Children will be treated to stories read aloud, puppets, songs and much more fun. No registration is required.

For more information, call the Station Library at 577-1261.

Be a good sponsor

Have you been selected to sponsor a Marine coming to Miramar? The Marine Corps Community Services' Relocation Program offers a one-hour training session every Wednesday at 9 a.m. in the Joint Reception Center.

Call 577-1428 for more information or to register.

Maintain OPSEC in Outlook e-mail auto replies

Everyone has experienced getting an auto reply upon sending a Microsoft Outlook e-mail, such as:

Hello, I'm on emergency leave in Podunk, Iowa, and will be back on July 27. Your e-mail to me has been automatically forwarded to 1st Lt. Oorah. If you require immediate assistance contact him at (000) 555-1234.

This is bad operational security because the individual informs a potential bad guy that not only himself but likely his entire family is away from home which increases the risk of quarters being burglarized.

I'm on temporary assigned duty to Washington from July 15 to July 27, staying at Leatherneck Hotel and will be checking my e-mail via laptop daily.

This is bad OPSEC, not only because it informs of the Marine's absence from the local area, but targets exactly where he is, and that he has a government laptop with him. The laptop may possibly contain sensitive data, that will likely be left unattended in the hotel room.

If he doesn't want to drag his government laptop everywhere he goes, he should secure it in the hotel front desk safe, or an in-room safe if so equipped. He also should never leave it unattended in a rental car. Laptops are very vulnerable to theft.

The point is to be as generic as possible when drafting Microsoft Outlook e-mail automatic replies. Practice good OPSEC.

For more OPSEC information, call D.J. Bagley, security specialist, at 577-8624.

DEERS/I.D. Card and G-1 office closure

The Defense Enrollment Eligibility Reporting System/I.D. Card and G-1/Personnel sections will close at 1 p.m., Aug. 10. The sections will resume normal hours Aug. 13. If you need immediate assistance, please call Ms. Roxanne at (619) 524-8740.

For more information, call 577-1142.

Enlisted club improvements

Due to the installation of a new dance floor and carpeting in the Enlisted Club main ballroom, dance programs will be discontinued until approximately Aug. 15, or until the renovation is complete. During the renovation the lounge will be open.

For more information, call 577-4820.

Station dialing codes change

The dialing codes that are used to make off-base commercial calls and off-base Defense Switched Network calls have changed.

Callers now use "99" to replace "9" when accessing commercial lines. "94" has replaced "8" for DSN calls. These changes are necessary in order to bring the Station in compliance with Marine Corps standards for telephone switching systems.

For more information, call the Station telephone office at 577-6997.

Cell phone use while driving GOVs prohibited

Do you have a phone permanently attached to your head? According to Marine Corps order, using your cell phone while driving a government vehicle is strictly prohibited aboard any military installation.

Sign up for the Sand Volleyball Tournament

All hands are invited to take part in the 101 Days of Summer Sand Volleyball Tournament tomorrow at 9 a.m.

The tournament will feature 4-on-4 action and trophies will be awarded to the top three teams.

For more information about the tournament or to sign up, call D.J. McCluskey at 577-1936 or 6171.

Semper Fit seeks resumes for All-Marine marathon team

The Armed Forces Marathon Championship will be held in conjunction with the Marine Corps Marathon Oct. 28. Semper Fit is seeking a team comprised of five men and three women to be the designated Marine team for the Challenge Cup competition

Free movies from MCCS

Today		Wednesday	
The Animal	(PG-13) 4:30 p.m.	Swordfish	(R) 6:30 p.m.
Evolution	(PG-13) 6:30 p.m.		
Moulin Rouge!	(PG-13) 8:30 p.m.	Thursday	
		Atlantis: The Lost Empire	(PG) 2 p.m.
Saturday		Swordfish	(R) 6:30 p.m.
Shrek	(PG) 6:30 p.m.		
The Animal	(PG-13) 8:30 p.m.		
Sunday			
Shrek	(PG) 1 p.m.		
Pearl Harbor	(PG-13) 6:30 p.m.		

The Station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for DoD ID card holders and their guests. For movie synopses see the current theater flyer or call 577-4143.

against the British Royal Navy and Marine Corps.

Marines interested in being selected must submit resumes in accordance with Marine Corps Order P1700.29, no later than Tuesday and they must contain command endorsement. The order can be found at www.usmc-mccs.org, under policy.

For more information call Pamala Hodge at (703) 784-9542.

Moving Wall comes to town

The Veterans Memorial Center will showcase the Vietnam Moving Wall, Aug. 10-12. The 240-foot replica of the Vietnam Veterans Memorial in Washington will be available for public viewing beginning 8 a.m., Aug. 10.

Opening Ceremonies will be Aug. 11 at 10 a.m., with a candlelight vigil at 7 p.m.

For more information, call the Vietnam Veterans of America, San Diego Chapter 72 at (619) 239-5977.

101 Days Unit Challenge

Earn money for your unit's recreation fund with the 101 Days of Summer Unit Challenge.

For more information, go to the MCCS Web site www.mccsmiramar.com or call D.J. McCluskey at 577-1936.

Lease, continued from page 1

these leases are turned in, but that they are turned in. After the deadline passes, Navy housing officials will turn to the servicemembers' commands and even go door-to-door to get assistance to get the late leases signed.

Leases can be signed and turned in at two places: the Welcome Center at 32nd Street, Monday through Friday from 8:30 a.m.- 5 p.m., and at the Lincoln General Management Office, located at 3360 Murray Ridge from 8:30 a.m. – 5 p.m. Both will have representatives on-site to answer any questions.

Lifesavers, continued from page 2

arms. They would later learn that the man was Mr. Holladay, and the young boy was his son, Sammy.

The couple took the child from Mr. Holladay's arms, and placed him on the ground, they proceeded to administer cardiovascular pulmonary resuscitation. They continued until the child was revived. Then police and emergency crews took over.

"They are very, very deserving of this award and recognition. We are very grateful they were there. It was a real miracle. They kept our family together that night when we almost lost one of our own," said Mr. Holladay.

"They helped us by doing what they could do and kept our family together. I'm thrilled for them because there is not much more we could do for them than they have

101 Days "BEST" competition

Are you a creative writer or an artistic person? Miramar Marine Corps Community Services is holding its "BEST" essay competition and "BEST" poster competition.

The deadline to enter is Aug. 15.

For more information, call Julie Carlson, Health Promotion Education, at 577-7963.

Area 51 talent contest

Show your stuff – sing, dance, tell a few jokes – at the Area 51 talent contest Aug. 15.

Call 577-7968 to sign up.

Vet clinic postpones night hours

The Miramar Veterinary Clinic has postponed plans to hold an evening clinic once a month. However, it is now open one hour earlier and one hour later for clinics on Fridays. The new Friday hours are 8 a.m. to 4 p.m.

For more information, call 577-6552

Spouse job opportunity

Do you have writing talent? Looking for an opportunity to set your own hours, work out of your home, take your job with you wherever your spouse is stationed and still make good money?

For more information about this job and others, call Miramar's Career Resource Center at 577-6491 or 6710.

Under the PPV program, servicemembers and their families will pay rent equal to the amount they receive for BAH for the first year of the program. The rent will cover electric, gas, water, sewer and trash pickup. After the first year, residents will be responsible for both rent and electricity. Rent will be less than BAH and utility charges will be based on normal usage determined by historical consumption.

For more information, contact Lincoln Management Company at (858) 874-8100 or visit the Housing Web site at www.mfhds.navy.mil.

done for us," said Mrs. Holladay.

It was quite an honor to receive recognition for Staff Sgt. Taitingfong.

"It's an honor to me to receive recognition from an organization like the San Diego Police Department, especially since I'm from San Diego," said Staff Sgt. Taitingfong. "It's an outstanding feeling. We weren't expecting anything for what we did, we just did it."

Sergeant Taitingfong was surprised to receive the honor and hopes that it will help relations between the Corps and San Diego.

"It's an honor we didn't expect to get," said Sgt. Taitingfong. "We did what we needed to do and hoped that someone would do the same for us when needed.

"This brings more respect to the Marine Corps from the local community. It's nice to be able to show good things about the Marine Corps," Sergeant Taitingfong added.

Softball,
continued from page 9

ball pretty good,” Linke said. “We just needed to relax. We know we can come out and score a bunch of runs. We just needed to wait our turn – it always comes around.”

“Those first couple of innings, I think we were just trying too hard. Either that or we didn’t wake up early enough.”

Linke moved Shepard to second base and pulled a surprised Jim Ward from behind the plate to the pitcher’s mound.

“The last thing I expected to have to do was to come out and pitch today,” Ward said after the game.

“I have a little different pitching style than Shep, and the change paid off for us. It turned out to be a good move.”

Shepard agreed with Linke’s move.

“Sometimes you have to make those kinds of decisions,” Shepard said. “I hadn’t given up a whole lot of runs so far in the tournament, but these guys were beginning to hit me hard.”

“We had a chance to make the move, it was the coach’s decision, and it paid off. “Settling for an ‘if’ game was never an option,” Shepard said.

“Our guys don’t know how to lose and

they don’t know how to quit,” Shepard said. “We’ve been a team since the get-go. We knew we weren’t done.”

“We’d played good this entire tournament and we’re a tight group. We worked a little harder and things finally came around to us.”

Ward said the patience of the veterans on the Base team played out over the final three innings.

“When you’ve played enough ball, like most of the veterans out here, we know the name of the game is just to hit the ball, and just doing that will score the runs,” Ward said.

“Those of us who have been out here for a while knew that there was plenty of time – it was still early in the game. At this level of competition, those runs and that big a lead really doesn’t mean anything. We really didn’t have that much to worry about.”

Miramar coach Rich Mohney said Base’s win was in the cards.

“We didn’t lose that game, it was their destiny,” Mohney said.

“They didn’t lose a single game the whole tournament, including the round-robin, and that’s not a very easy thing to do, especially since they didn’t get their team together until really late in the season.”

Mohney also cited an offensive letdown for contributing to the loss.

“We didn’t score any runs the last four innings,” he said. “Against a team like Base, you’ve got to score runs every inning. We had them down, but we didn’t keep them down.”

“We scored 17 runs in three innings. Normally, when you do that, you should win the game. We weren’t able to do that.”

Shepard agreed with Mohney’s assertion that Base made the most of opportunities Miramar gave them.

“Sometimes situations give you all the breaks. This time we definitely got all the breaks,” Shepard said. “Anytime that a team can go through a tournament like this, and go undefeated, it’s really pretty incredible.”

TRICARE,
continued from page 3

is limited to select military hospitals and clinics. For more details, contact the nearest military hospital or clinic’s managed care department.

Briefings on the TRICARE for Life program will be held at the Marine Corps Air Station Miramar Chapel Aug. 15 and 29 and Sept. 12, 19 and 26 at 10 a.m.

For more information on the TFL program, visit www.tricare.osd.mil/ndaa, or call (888) 363-5433.



Maj. Gen. William G. Bowdon
Commander, Marine Corps Air Bases Western Area

Maj. Gen. Charles F. Bolden Jr.
Commanding General 3d Marine Aircraft Wing

Maj. T.V. Johnson *Public Affairs Officer*

Capt. Rebecca Goodrich-Hinton *Deputy PAO*

1st Lt. Joshua G. Rushing *Managing Editor*

Staff Sgt. Micheal Mink *Press Chief*

Sgt. A.C. Strong *Assistant Press Chief*

Cpl. Micheal O. Foley *Editor*

Sgt. Carolyn S. Sittig

Sgt. W.A. Napper Jr.

Sgt. Mike Camacho

Cpl. C.A. Eriksen

Cpl. Rob Henderson

Combat Correspondents

The Flight Jacket is published every Friday at no cost to the government by Military Guides, a private firm in no way connected with the Department of the Navy or the U.S. Marine Corps under an exclusively written contract with the U.S. Marine Corps. This civilian enterprise newspaper is an authorized publication for the military services, contents of the *Flight Jacket* are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, the Department of the Navy, or the U.S. Marine Corps. It is for informational purposes only and in no way should be considered directive in nature. The editorial content is edited, prepared and provided by the Public Affairs Office. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or the Military Guides, of the products or service advertised. Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. All queries concerning business matters, display ads, or paid classified ads should be directed to Military Guides, 9580 Black Mountain Road Suite C, San Diego, California 92126, or (858) 547-7343.

Classifieds and Ad Space